



YOKOTA AIR BASE SOURCES OF INFO FOR PERSONNEL AND THEIR FAMILIES

OPERATION TOMODACHI

Air Force News

www.yokota.af.mil

www.pacaf.af.mil

www.af.mil

Operation Tomodachi News

<http://newpreview.afnews.af.mil/yokota/library/earthquake&tsunamireliefinfo.asp>

Authorized Departure FAQ

<http://www.usfj.mil/Stories/Japan%20Earthquake%20Tsunami/Voluntary%20Departure/FAQ%20200%2019%20Mar%2011.pdf>

Facebook

Yokota Air Base: <http://www.facebook.com/#!/pages/Yokota-Air-Base-Japan/131001683600206>

PACAF: <http://www.facebook.com/pages/US-Pacific-Air-Forces/427224690342>

Eagle 810: <http://www.facebook.com/pages/Eagle810/168492266529725>

Legal

The AF Claims: <https://claims.jag.af.mil>

Claims Service Center email: afcsc.ja@wpafb.af.mil

Claims Service Center Phone Numbers:

986-8044 (DSN)

937-656-8044 (commercial)

877-754-1212 (toll free)

937-656-8307 (fax)

Medical

Tsunami Resources: www.tricare.mil/tsunami

Tricare Overseas and SOS: (877) 451-8659

Dental Care: www.tricare.mil/tsunami/DentalCare.aspx



TRICARE® Beneficiaries Departing Japan

TRICARE Management Activity assures TRICARE beneficiaries affected by the situation in Japan that their health care benefits will be maintained and service and support will continue during this difficult time. Even if relocated, beneficiaries enrolled in TRICARE Overseas Program (TOP) Prime may still access their Prime benefit. Retirees and non-command sponsored beneficiaries will continue to have the TOP Standard benefit. Please visit www.tricare.mil/tsunami or call the appropriate phone number below for additional information regarding your TRICARE benefit.

GETTING CARE

Emergency Care. In an emergency, go to the nearest emergency care facility. After receiving care, call your TOP Regional Call Center (*see below*) before leaving the facility if possible, or during the next business day.

Routine, Urgent, or Specialty Care. If your new location is near a military treatment facility (MTF), you may contact the MTF to obtain care. To locate an MTF, visit www.tricare.mil/mtf. In other locations, contact your TOP Regional Call Center at the telephone numbers

below for information on receiving care. If for any reason you cannot access your TOP Regional Call Center, contact the TRICARE contractor (*listed below*) for the region where you have relocated.

Prescription Medications. TOP Prime beneficiaries needing replacement or refill medications may contact any local MTF to have prescriptions filled. The TRICARE Pharmacy Operations Service Center at **1-866-275-4732** can also assist with filling prescriptions at a TRICARE retail network pharmacy. For TRICARE Pharmacy Home Delivery (*mail order*) call Express Scripts, Inc. at **1-877-363-1303**.

Dental Care. If you have dental care needs, please contact the TRICARE Dental Program or TRICARE Retiree Dental Program (*listed below*).

Stress Management. Concerns about stress may be directed to counselors at TRICARE Assistance Program (TRIAP) or Military OneSource. For more information about TRIAP visit www.tricare.mil/triap. For more information about Military OneSource call **1-800-342-9647**.

FOR INFORMATION AND ASSISTANCE

TRICARE Overseas Stateside TOP Regional Call Center 1-877-451-8659 Pacific TOP Regional Call Centers Singapore: +65-6339-2676 Sydney: +61-2-9273-2710 Visit www.tricare-overseas.com for toll-free numbers worldwide.	TRICARE Pharmacy Operations Service Center 1-866-275-4732 TRICARE Pharmacy Program Express Scripts, Inc. 1-877-363-1303 www.express-scripts.com/TRICARE	TRICARE Dental Program 1-800-866-8499 (<i>if stateside</i>) 1-888-418-0466 (<i>if overseas</i>) www.TRICAREdentalprogram.com TRICARE Retiree Dental Program 1-888-838-8737 www.trdp.org
TRICARE North Region Health Net Federal Services, LLC 1-877-TRICARE (1-877-874-2273) www.hnfs.com	TRICARE South Region Humana Military Healthcare Services, Inc. 1-800-444-5445 www.humana-military.com	TRICARE West Region TriWest Healthcare Alliance Corp. 1-888-TRIWEST (1-888-874-9378) www.triwest.com

For additional information, please visit www.tricare.mil/tsunami.